

Stay healthy during the flu season



Protect yourself & your family against the flu...

- Wash your hands often.
- Avoid close contact with people who are sick.
- Keep alcohol-based hand sanitizers in your purse, car and backpack, when soap and water is not available.
- Cover your mouth and nose with a tissue when you cough or sneeze. Then throw away your used tissue.
- Avoid touching your eyes, nose or mouth as much as possible.
- Get regular exercise, enough rest and eat healthy balanced meals.
- Avoid shaking hands during the cold/flu season.

For information on Flu Clinics held by the City of Long Beach Department of Health and Human Services please call (562) 570-4270 or visit www.longbeach.gov/health

For more helpful tips, visit <http://www.cdc.gov/flu/toolkit/>



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FLU SEASON

Tis the season...